

ACTON SENIOR CITIZEN NEWS

SENIOR CENTER: 978-264-9643

September 2004

The COA Office/Senior Center is open weekdays 8 AM-5 PM.

The mailing address for the COA is: Town Hall, 472 Main St., Acton, MA 01720

The Acton Council on Aging Board will meet on **Wednesday, September 15th**, at 4:30 at the Senior Center, 50 Audubon Drive, S. Acton. All are welcome.

Welcome!

To those whom we've missed over the summer and to those we have yet to meet WELCOME (back) TO THE ACTON SENIOR CENTER! We hope as you read this newsletter, you will find some programs and classes of interest to you. If you wish we were offering something you don't see listed, please call us with your ideas!

The Senior Center is open from 8:00 to 5:00 Monday through Friday and staff are always available in the office to meet you. In addition to the programs listed in this bulletin, we keep an active resource file of services available in this area and are glad to sit down to help determine what services will best meet your needs. We look forward to seeing and hearing from you!

Jean Fleming, Director, Acton Council on Aging

"When Bad Things Happen to Your Good Name"

Monday, September 27th, at 1:00 p.m.

Four years ago identity theft wasn't even a crime. Today, Identity Theft is a felony and is the top consumer fraud complaint. Bob Currier, Director of Education for American Consumer Credit Counseling, a non-profit organization dedicated to educating the consumer on credit issues, is offering a free workshop on Identity Theft. The workshop will cover how identity theft occurs, how to minimize your risk, choosing to share personal information or not, what you must do if you are a victim, and "OPT out" numbers. Please join us for this very timely and informative program. **Call the COA office at (978) 264-9643 to reserve your seat as this is sure to draw a full house.**

Please note that ALL classes begin with a clean slate. No one is "carried over" on an attendance sheet, so be sure to call the COA office at (978) 264-9643 as of Wednesday, September 1st when sign-ups start for all classes and trips.

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The Council on Aging and Acton Senior Center will be closed

Labor Day, Monday, September 6th

MINUTEMAN MEAL SITE

Minuteman Lunch is served Monday through Thursday at 11:45 a.m. Requested donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9651 for transportation, if needed.) **If you are unable to come to lunch, please call the mealsite to cancel your meal.**

The **September Birthday Lunch** will take place on **Wednesday, September 8th**. If you have a **September** birthday, please come for a complimentary lunch. **On September 9th we will welcome some State Legislative candidates to lunch!** The **Labor Day Special lunch** will be served on **Tuesday, September 21st**.

Call to reserve at least 24 hours ahead!

"Carbohydrates – What's the Buzz?" **Tuesday, September 21st at 11:00 a.m.**

Everyone has questions about carbohydrates. What are good/bad carbs? How much should be in your diet? Many of the current popular diets recommend limiting/avoiding carbohydrates. **Peg Mikkola, RD, LDN**, will be discussing carbohydrates and the current diets limiting them on **Tuesday, September 21st at 11:00 in the Acton Senior Center Dining Room.**

Back by Very Popular Demand!

You Scream, I Scream for Ice Cream

Celebrate the first day of autumn with a home made ice cream sundae, compliments of the Friends of the Acton COA. We'll be scooping up **sundaes at 12:30 on Wednesday, September 22nd in the Dining Room.**

Men's Breakfast

Friday, September 10th, 9:00 a.m.

Nancy Gilbert, of the Peace Corp. Regional New England Headquarters will speak about the Peace Corp. today and her service in the Dominican Republic.

"2 for 1 Month" – bring a friend who hasn't been to Men's Breakfast in a year or more, or ever (!) and receive one breakfast free!

Please call the COA office by Wednesday, September 8th, for a reservation; \$2.00 donation.

Ladies' Lunch

Friday, September 10th, at 11:30 a.m.

Lunch will be prepared and delivered by Nancy's Air Field Café at the Stow Airport. Please plan on joining us for ***Curried Chicken Salad with grapes and almonds*** and a light dessert with coffee and tea for \$3.00.

Luncheon reservations must be received by noon on Tuesday, September 7th; no reservations will be taken after that time. Call the COA office at (978) 264-9643 to reserve your spot, and many thanks for Nancy McPherson's gracious offer to cook for us! Please let us know if you can help with set-up or clean-up for the luncheon.

Friendly Visitor Meeting

September 7th, 1:00-2:00, in the COA living room. All current visitors are welcome to come to share summer visiting stories.

Call Carol to RSVP
978-264-9643

Widows and Widowers

September 3rd, 1:30- 3:00

Recent widows and widowers are welcome to attend our informal group. Group members share experiences on losing a partner of many years and how to cope with all of the changes. Group members often arrange to meet once for lunch informally between meetings.

Co-leaders are Carol Steiner and Steve Baran. Please call the COA if you have any questions about the group or would like to join us.

ASK THE LAWYER

Attorney Leslie Madge, a certified Elder-Law Attorney, offers **20-minute** private legal **consultations** by appointment at no charge to Acton seniors. Attorney Madge will be at the Senior Center

Monday, September 27th, from 1:00-3:00.
Call the COA office to schedule a consultation.

ACTON COA STAFF

Jean Fleming, Director
Barbara Winders, Assistant to the Director

Carol Steiner, Outreach/Volunteer Coordinator
Debby Mozzicato, Program Coordinator
Ron Paskavitz, Van Driver
Steve Ryan, Substitute Van Driver

EXERCISE PROGRAMS

***** **Aerobics Registration** *****

Important: All students please note! Sign-ups for all fall classes start on Wednesday, September 1st!

All students must sign up for classes at the beginning of each session; no-one is "carried over". Classes do fill so call the COA office to sign up.

"Stretch and Flex" with Terri Zaborowski – Mondays from 8:45 to 9:45; classes start on Monday, September 13th, and run through November 8th. Start with a gentle exercise program and then progress to easy weight training with Therabands. Exercise has been shown to help restore your youthfulness with the added benefits of friendship and sociability.

Aerobics with Terri Zaborowski-

"Senior Cardio-Flex":

Tuesday & Thursday from 9:00 to 10:00; classes start on Tuesday, September 14th or Wednesday & Friday from 9:00 to 10:00; starting September 15th.

Warm-up and stretch aerobics and muscle conditioning, then a cool-down segment.

"Beginner to Intermediate Stretch-Flex":

Tuesday & Thursday from 10:15 to 11:15; starting September 14th.

Same as above, but at a lower-impact level.

Senior Center Art Display

Local artists grace the COA walls!

The original art works presented by Acton Seniors continue to be displayed at the Senior Center. We have enjoyed **Bev Fell's** watercolor works during the summer months and are now pleased to announce the mixed media presentations of **John Folsom** during September. John was introduced to drawing and painting while taking architectural courses at the Boston Architectural Center, and painted in acrylic and watercolor for years to follow. Please enjoy the artwork at any time the living

room is available, and plan to join us for a reception with John on **Wednesday, September 8th, from 1:00 to 2:00 p.m.** Light refreshments will be served.

COA VAN SCHEDULE

The Acton COA van is available to all Acton seniors (age 60 and over) and disabled Acton residents. The van is available Monday through Friday. **Reservations should be made weekdays between 8:00-12:00 noon by calling (978) 264-9651.** Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to **CALL AT LEAST A DAY in advance**, sooner if possible. **One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.**

For everyone's enjoyment and safety, please observe the following rules:

***Wheelchairs must have footrests** in order to use our service.

***Riders must be seated and wear seatbelts** until the vehicle comes to a complete stop.

*Riders cannot change seats while en route.

*There will be no smoking, eating or drinking on this vehicle.

*Containers must be secured.

*Riders must understand that this service is not a personal taxi and **some waiting periods may be necessary** in order to accommodate everyone's needs.

***Service is curbside only.** Those who are unable to ambulate without assistance must bring a companion and notify the office so that we can account for seating space availability.

Durable Equipment Loan Cellar

The Acton COA maintains a **cellar** of donated durable medical equipment to be loaned out to Acton seniors as needed. Please call before you buy new equipment! We may have it in our cellar! **And** we appreciate all of your **donations!** Please call us if you have something you think we can use. The most frequently borrowed are **tub benches, shower chairs and raised toilet seats** and are often in short supply so if you have one taking up valuable space, we would be glad to add it to

the loan cellar. We do not need any additional commodes or walkers at this time.

Please do not "drop off" donations without calling ahead. All donated equipment must be clean and in very good condition.

COA GROUPS AND CLASSES

All students must sign-up for classes. No one is "carried over". Call the COA office to sign-up starting on September 1st at 8:00 a.m. (978) 264-9643.

MONDAYS – Bridge Class – Mondays from 10:00 to 12:00; September 13th through November 22nd. All levels of players are welcome (note the new Beginners Bridge Class offered on Wednesdays). **No class Monday, October 11th.** Instructor is Ger Krabbendam.

Beginner's One-Stroke Decorative Painting: Monday, October 4th to November 22nd from 10:00 to 11:00 a.m. Instructor is Donna Lynch. This class will demonstrate one-stroke painting while you create beautiful, simple paintings using shading methods through one stroke of the paintbrush! All paints, varnishes and paper are provided by the instructor. Paint brushes are available to use or you may purchase your own at any local craft store.

Advanced One-Stroke & Glass Painting:

(pre-requisite is Beginner's Painting)

Monday, October 4th to November 22nd from 9:00 to 11:00 a.m. Instructor is Donna Lynch. This class will continue with an overview of what we learned, including the art of glass painting using special glass paints and conditioners. We will work on individual projects and gifts from slates and note cards to wineglasses and decanters. Please bring your brushes to the first class. All paints, glass conditioners and polyurethanes will be provided by the instructor.

Choral Singing – Monday, October 4th and 25th at 12:45. We sing for FUN and have a great pianist and song leader. Join us!

MONDAYS AND FRIDAYS - POKER: 1:00;
new players welcome!

"The Bookies" will kick off the 2004/2005 book year by discussing **"Leap of Faith" the memoirs of Queen Noor**, the American girl who grew into the job and role of Queen of

Jordan. The group will meet at **1:00 p.m. on Monday, September 20th.** The leaders will be Marion Maxwell and Elaine Giberti. Copies of this book may be available at the Acton Memorial Library. Please join us and consider bringing a friend!

TUESDAYS – Watercolor with Sue Nordhausen – Classes start October 5th and run through December 7th, from 1:30 to 3:00 p.m. Emphasis will be on composition, use and placement of lights and darks, and color interaction. Some experience is helpful. Contact the COA office for a list of class supplies. Call to register as class size is limited. **No class on November 2nd and 23rd.**

WEDNESDAYS – "Watercolor Class" with Cynthia Durost – Classes start on Wednesday, September 8th, and run through November 10th from 9:00 to 10:30 a.m. Join us in learning basic watercolor techniques, composition, and use of color, beginning with a special focus on fall landscapes and foliage. Materials list is available in the COA office.

✂Acton Senior Quilters✂

WEDNESDAYS, 10:15 to Noon: Self-directed quilting group meets to work on various projects. Quilters of all levels are welcome.

WEDNESDAYS – "Beginners Bridge" with Ger Krabbendam. **September 15th to November 17th; 10:15 to 11:45.** If you'd like to learn how to play bridge, this 10 week course is for you. The mechanics of Bridge, using the 5 Card Major Bidding system and the latest method of evaluating a hand will be taught. You'll keep your mind sharp while enjoying the social aspects of the game!

Ping-Pong/Pool: every day after 12:30. We are always looking for new players! Please check COA calendar for schedule conflicts in the dining room.

Knit & Crochet: Join us at 12:30 every Wednesday in September as we work on our needlework projects and share ideas.

Hydrangea Wreath-Making
Thursday, September 23rd, at 1:00.
Join Ruth Regan and Debby Mozzicato as we create beautiful, fresh hydrangea wreaths to decorate your home. Hydrangea blossoms will

be provided but please bring a pair of garden clippers. If you were part of the class last year bring your empty straw wreath and the craft pins used; the wreath and pin cost for **new students is \$2.00**. Class limited to 20. Call the COA office to register.

Groups and Classes continued:

Back by Very Popular Demand!
Giuseppe Verdi's Later Career
Martin Segal returns to the Senior Center with three operas from the later middle period of Giuseppe Verdi's career presented on video with discussions, explanations and analysis. The operas "Simon Boccanegra", both the St. Petersburg and Milan versions of "La Forza del Destino" and "Un Ballo in Maschera" will be presented on **Tuesdays, October 12th, 19th, 26th and November 2nd from 12:30 to 3:30 p.m.** These are often called the "dark" operas due to their somber tone but they are full of beauty and grandeur. Class size limited so call the COA office to reserve your seat.



Come Compute With Us!

Computer classes will begin the week of **September 27th and run for six weeks through November 5th**. Whether you are a beginner or an intermediate, a PC or a MAC user, we have the program for you, and our technology staff can meet your needs! **Registration forms are available at the COA office.** Classes are held one-on-one, or in a small group based on your need or preference. Our dedicated volunteer instructors have set aside their time just for you. Therefore, if you anticipate missing two or more classes, please consider registering for a future session. **A \$15.00 administrative fee for the six classes is required.** Please contact Jean Fleming at the COA for scholarship assistance, if needed. **The registration deadline is Wednesday, September 15th, and the kick-off meeting for all registered participants will be held on Thursday, September 23rd, at 1:00 in the COA living room.** At this meeting you will meet your instructor and receive your class

schedule. Questions? Please call the COA office at (978) 264-9643.

Learn ways to protect yourself online! Be sure to watch for "**Protecting Your Privacy on the Internet**" in the October Newsletter.

Genealogy Group

2nd and 4th Fridays, 1:30 to 3:00

Please join us on **Friday, September 10th and 24th** in the Senior Center Living Room as our instructor, Suzanne Richardson, certified genealogist and leader of the group, will help us research and understand our ancestries.

"Sing-A-Long" with Concord COA **Friday, September 24th, at 1:00 p.m.**

Tune up your vocal cords and polish your sweet tooth to spend the afternoon **at the Harvey Wheeler Community Center in Concord.** The Acton and Concord COA's are presenting a "Back-to-School" celebration which will feature Anne Donovan and Larry Martin leading the fun with "good old tunes" in music and song. Anne plays the piano and Larry, of the Arlington Singing Grandpops, leads the singing. Ice cream refreshment will be available. Please call the Acton COA to register as space is limited and to let us know if you need a ride!

Volunteer Spotlight

Volunteerism doesn't take a vacation at the COA! We had several new volunteers join us over the summer this year! Office support continued with help from fill-in people while some of the "regulars" took time away. We added three new drivers to the Meals On Wheels program, very welcome additions to the many drivers already helping. Our data entry work was aided by at least one new person, and more training was done so we can keep up better this year.

Thank you to everyone!

Keep the COA in mind when you think about where to do your good works this year!

Lots of COA Volunteer Opportunities:

Wheel-A-Meal Drivers
Handymen
Newsletter Mailers
Ladies Lunch Corps

Office Support
Workshop Leaders
Group Leaders
AND MORE!

We are ***always*** looking to add to both regular and substitute **Wheel-A-Meal Drivers**. In addition, we are looking for **weekly data entry** help. Please call **Carol Steiner at the Council on Aging with questions and/or to volunteer**.

ACTON HANDYMAN PROGRAM

The Acton Handyman Program, offered **entirely by volunteers**, is designed to help Acton senior residents with **small** repairs and **simple** household jobs, for example:

- Glue loose handrails, chair legs, etc.
- Light bulb/smoke detector battery replacement
- Assemble bookshelves, etc.
- Mattress flipping
- Simple computer, TV, VCR, DVD connections and more!

Storm window and door changeover:

October 9,10 & 11: Our very helpful handymen offer a weekend to change your window and door screens to storms (nothing on ladders please). Please call to place your name on their list **before Oct 4th** and the handymen will contact you **after Oct. 4th** with a time.

Call the COA to request Handyman service.

This well used program should not be used in place of necessary professional services requiring licenses and permits, nor for the many tasks needed to set up a new household. We will try to offer the resources to find local services as necessary.

FUEL ASSISTANCE

If you received SMOC assistance last year be sure you return the completed reapplication forms you received in the mail as soon as possible.

The Friends of the Council on Aging manage an **Emergency Fuel Assistance Fund**.

Contact Jean Fleming at the COA for information.
(978) 264-9643

Best Wishes, Merrily!

Merrily Evdokimoff, Director of the Acton Public Health Nursing Service for the past five years, will be leaving the end of August to begin a new position in the nursing department at Fitchburg State College. Merrily has worked closely with the Council on Aging to ensure that health and wellness programs and health

screenings for seniors are presented frequently at the Senior Center, as well as in other locations in Acton. She considers preventive health care for seniors a very important part of what is offered by the APHNS. We will miss her and wish her all the best in her new job!

Health Insurance Counseling/SHINE

The SHINE Program assists seniors with **health insurance and prescription drug concerns** and is administered by Minuteman Senior Services.

Please call the Acton Council on Aging office at (978) 264-9643 with your requests for this service and we will relay your information to **Maryjane Costello**, the SHINE counselor for Acton. **Maryjane will return your calls on Monday of each week**, unless it is critical that you speak with her sooner.

Prescription Advantage Information And Assistance Session September 9th, 12:30 p.m.

Prescription Advantage will conduct an annual open enrollment period from September 1st-30th, 2004. The effective date of coverage will be November 1st, 2004.

Cindy Phillips and Maryjane Costello from the SHINE (Serving Health Information Needs of Elders) program will be holding an information session about Prescription Advantage on Thursday, September 9th at 12:30 p.m. at the Acton Senior Center, **registration required**. Prescription Advantage is an insurance plan offering prescription drug coverage to all Massachusetts residents age 65 and over and younger, low-income individuals with disabilities. Prescription Advantage is administered by the Massachusetts Executive Office of Elder Affairs. Members of the plan pay monthly premiums, a quarterly deductible and co-payments, all of which are graduated, based on your gross annual household income.

Assistance in completing applications will be available at this program. If you are interested in this assistance, please bring along confirmation of all income sources (for example, Social Security income, pension income, interest income, etc.).

We strongly encourage any person who is not a current member of Prescription Advantage to seriously consider membership during this open enrollment period. **Reserve your seat.** We hope to see you on September 9th!
Maryjane Costello, SHINE Counselor

The Town of Acton Encourages Applications for Exemptions

The Community Preservation Act (CPA) has been adopted by voters. Two exemptions to the CPA Property Tax Surcharge are available.

First Exemption: Requires no application and exempts the first \$100,000 of assessed property value.

Second Exemption: Requires an application to be filed annually.

A complete exemption to the CPA surcharge is available for:

- 1) **A couple, both 60+, with combined income of less than \$59,360.**
- 2) **A senior, 60+, living alone with an annual income less than \$51,940.**
- 3) **A low income family of four earning less than \$59,360.**

Forms are available at the Assessor's Office, Libraries and the Council on Aging. **For information, please call the Acton Finance Department at (978) 264-9622.**

SENIOR CENTER CLINICS

Hearing: Thursday, September 9th; 1-3 p.m. at the Senior Center. Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free. **Please call** to register.

Podiatry Clinic: Friday, October 1st; 8-10:00. Sponsored by the Acton Nursing Service.

There is a charge of **\$20.00***. The purpose of the clinics is to provide podiatry services that are not covered by insurance. Dr. Teresa Burtoft, DPM, provides basic services such as evaluation and nail clipping. *This clinic is funded by the Friends of the Acton Nursing Service. Fee can be waived in case of financial hardship.

Call 978-264-9653 for an appointment for Podiatry and Cholesterol Clinics.

Cholesterol Screening: The next clinic will be held in November. Please call the **Nursing**

Service at 978-264-9653 to schedule an appointment or if you have any questions. Fee \$10.00

Blood Pressure: Tuesday, September 14th, between 9 and 11 a.m. The Acton Public Nursing Service sponsors free monthly blood pressure clinics at the Senior Center. No appointment is necessary.

Movie Mania at the COA!

What is "movie mania"? We offer two movies, in an air-conditioned setting, with a pizza lunch break in the middle. On **Friday, September 17th** we will present **"The Prince and Me"** at **10:30 a.m.** and **"13 Going on 30"** at **1:00 p.m.** Both movies are new releases in 2004 and definitely "chick flicks"! Please call the COA at least the day before "movie mania day" to sign up and order the pizza of your choice at **\$1.50 per slice.**

Senior Cinema: Thursdays at 12:30 p.m.

Thursday, Sept. 2nd: *"Cold Mountain"* – A story about the strength of the human spirit as a Confederate soldier and his sweetheart are separated, and his long return home. **2004 Rated R.**

Thursday, Sept. 16th: *"Hidalgo"* – A former Cavalry rider accepts the challenge to race horseback from Arabia to Iraq. **2004 Rated PG-13.**

Thursday, September 30th: *"Still We Believe"* – The Boston Red Sox Movie. No matter how you might feel about this season you "gotta believe" for future seasons! Join us for this walk through the 2003 Major League Baseball season with unlimited access to the ballpark, clubhouse and front office.

Jazz Vocalist Rebecca Parris will appear in a benefit performance for Minuteman Senior Services on **Friday, September 17th, at 7:30 p.m.** at the National Heritage Museum in Lexington. Opening for Ms. Parris will be the Lexington High School Jazz Combo. All seats are **\$25.00, general admission.** For tickets please call (781) 221-7033.

Save the date, Sunday, October 17th for the delicious Annual Rotary Barbeque. Details and sign-up

***information will be in the October
COA Newsletter!***

Christmas Crafters Join In!

On **Thursday, September 16th**, at **12:30** we will meet to complete the Christmas Craft project that will be sent out with Meals on Wheels in December. Please join us!

Alzheimer's Services

Alzheimer's Association Helpline:

1-800-548-2111.

Monthly evening support group:

Wednesday, September 15th, **6:30 to 8:00 p.m.** at the Acton Senior Center. **For information, call Jean Fleming at (978) 264-9643.**

New Acton group meeting at the Inn at Robbins Brook on the **4th Tuesday of each month at 6:00 p.m.** The group is open to family members and caregivers of someone with Alzheimer's Disease or other related dementias. For more information, please call Joanne Shaughnessy at (978) 264-4666.

Early stage Patient and Partner Support Group: **First Tuesday of each month, 3:00 – 4:30 p.m.** Cooperative Elder Services Adult Day Center, **7 Chamberlin Drive**, Concord. Call **Arlene Parillo at (781) 863-1166.**

Monthly morning support group: **3rd Tuesday of the month at 10:30.** Concord Park Assisted Living Residence in West Concord. **Call Pat Oliphant (978) 318-0046.**

Cooperative Elder Services, Inc. runs an **Adult Day Health and Alzheimer's Care Program** at their center in Concord. Please call **Pat Oliphant at (978) 318-0046.**

Minuteman Senior Services provides, free **in-home consultations.** Please call **978-263-8720** for more information.

On Thursday, September 23rd at 7:30 p.m. in the Acton Memorial Library meeting room, the Acton Community Preservation Committee (CPC) will hold a public information hearing to assess the needs and priorities of the Town with regard to the Community Preservation Fund. For additional information, contact the Committee at cpc@acton-ma.gov or call the Planning Department at (978) 264-9636.

Metrowest Caregiver Support Project

Minuteman Senior Services is offering in home caregiver consultation and training free of charge to any caregiver of a senior (60 and

over) in this area. Michelle Hughes is a registered physical therapist with experience in a variety of health care settings and can help caregivers with concerns and questions about home safety, fall prevention, use of adaptive equipment, etc. Please call Minuteman Senior Services at (978) 263-8720 for more information or to request this service.

**TAKING CONTROL OF ALZHEIMER'S
DISEASE**

***Techniques for Early Stage Patients and
their Care Partners***

Developed for early stage people with memory disorders, this **four-part** series explores ways in which symptoms can be managed and abilities maintained longer. These sessions combine education and support to enhance understanding of dementia, and to show how early stage persons can participate in decisions affecting their lives. The course runs for **two hours per session, for four consecutive weeks.** It is **free** of charge and has limited enrollment. Early stage people, care-partners, and other family members should plan to attend together.

**TUESDAYS, SEPT 14, 21, 28, and OCT 5
1:30-3:30 pm at the
ACTON COUNCIL ON AGING.**

For more information on this program, registration and directions call Carol Steiner at the Acton COA at 978-264-9643
csteiner@acton-ma.gov or
Arlene Parillo at Cooperative Elder Services,
781-863-1166.

Health Screening: "Legs for Life"

A free screening for people suffering from leg pain will be held on **Thursday, September 16th from 9:00 a.m. – 4:00 p.m. in the North Assembly Room at Emerson Hospital.** The Hospital will hold free screenings for people at risk for peripheral vascular disease (PVD) and abdominal aortic aneurysm (AAA). **Please call (978) 287-3003 to make an appointment.**

Special Diabetes Program in October

Emerson Hospital will hold a series of four diabetes classes on October 6th, 13th, 20th and 27th from 1:00-2:30 p.m. Each class is different, so you'll want to attend all four. The fee is usually reimbursable by insurance.

Registration is required by calling (978) 287-3054. Please call the COA office for transportation.

The **Veteran Homestead Medical Van** is at Acton Town Hall on **the fourth Wednesday of the month, 10 a.m. to 3 p.m.** for health screenings and to address other health concerns.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. **Payment is required two weeks prior to the trip, unless otherwise noted.** If payment is not received in time, your name will be removed from the sign-up and a wait-listed person will be contacted. **We will return your check if you cannot go and if your place can be filled.**
3. **Checks** should be made out to: The **FRIENDS of the Acton COA.** You may deliver your check to the office or mail to: COA, Town Hall, 472 Main Street, Acton
4. **Please park** towards the **back** of the lower parking lot, away from the function hall **behind St. Elizabeth of Hungary Church, 89 Arlington Street.**
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the FRIENDS.
6. **Always bring a copy of your FILE OF LIFE card with you on trips.** If you do not have it you may be denied a seat on the trip.
7. **When signing up for a trip it is expected that each traveler will participate in every aspect of a trip. Staying on the bus is not an option.**

Please call the COA office starting September 1st, to sign up for trips.

Keepsake Quilting, Patternworks and Keepsake Needle Arts Thursday, September 30th

This is our "craftiest" trip ever! We'll enjoy plenty of shopping and browsing time at the famous **Keepsake Quilting Store, Patternworks and Keepsake Needle Arts in Center Harbor, N.H.** After an hour and a half of shopping we'll board the bus to have lunch at the Canoe Restaurant and then return to the shopping center for more time in the craft shop of your choice. The Holidays are coming and you'll still have time to consider a few projects

for gifts! **Please let us know your luncheon choice of the daily catch of fish, Foccacia BLT with cheddar cheese, Caesar or House Greens with Grilled Chicken or Turkey Club Wrap with sweet potato fries.** All lunches come with soup, dessert and a choice of drink. **COST: \$29.00** (includes bus, lunch, gratuities) **Depart: 8:15 a.m. St. Elizabeth Church**
Full payment due by September 17th.

The Boston Symphony Orchestra Open Rehearsal

Thursday, October 7th

We will travel to the BSO Open Rehearsals twice during the 2004/2005 season. On Thursday, October 7th we will enjoy Charles Dutoit, conductor and Yefim Bronfman, pianist. The program will include *Roman Carnival Overture* by Berlioz, *Symphonic Dances* by Rachmaninoff and *Piano Concerto No. 2* by Brahms. The only other BSO Rehearsal we will attend this season will be on March 17th.

COST: \$25.00 (bus and rehearsal admission)
Depart: 8:00 a.m. St. Elizabeth Church Lower Back Parking Lot

Full payment due by September 24th.

Peabody Essex Museum and The Hawthorne Hotel Tuesday, November 9th

Our trip will start with lunch at the Hawthorne Hotel in Salem. We will enjoy your choice of either Baked New England Scrod with Lemon Butter or Charbroiled Chicken Breast with Grilled Onions and Apple Corn Relish and Cheese Cake with Fruit Sauce for dessert. We'll take a **brief walk** up the street to the Peabody Essex Museum to journey through four centuries of world exploration including artistry and architecture. We will enjoy two photography exhibits; "Sacred Places" by Kenro Izu and "Portraits of Native America" by Edward S. Curtis. In addition the group will be touring Yin Yu Tang; a Chinese House. Please call the COA office to register and make your luncheon choice.

COST: \$42.00 (lunch, admission, bus, grat.)
Depart: 10:45 a.m. St. Elizabeth Church Lower Back Parking Lot
Full payment due by October 22nd.

**Save Sunday, December 5th
"Christmas Time" by the Reagle
Players**

Travel down the street to Waltham for this high quality and usually sold-out holiday theater performance. Watch the October newsletter for sign-up information and more details.

MORE TRIPS ON FOLLOWING PAGE...

**Freeport, Maine, Shopping Trip
Harrasekett Inn and Fall Foliage
Thursday, October 21st**

Combine outlet and LL Bean shopping with a wonderful buffet lunch at the gorgeous Harrasekett Inn and some "off highway" driving to see fall foliage, and you have one of the best trips going! Don't miss this as it will be our only "shopping" trip this year and Freeport has so much to offer. A generous luncheon buffet will follow some morning shopping time and the shopping will continue into early afternoon. Take advantage of this leaf peeping opportunity and a chance to tuck away some holiday shopping early!

COST: \$35.00 (lunch and bus)

Depart: 8:30 a.m. St. Elizabeth Church Lower Back Parking Lot

Full payment due by October 8th.

Your Legislators

U.S. Senate: Edward "Ted" Kennedy

Phone: (202) 224-4543

(617) 565-3170 (Boston)

E-mail: senator@kennedy.senate.gov

John Kerry

Phone: (202) 224-2742

(617) 565-8519 (Boston)

E-mail: www.senate.gov and click on

John Kerry

**U.S. House of Representatives:
(5th District of Massachusetts)**

Marty Meehan

Phone: (202) 225-3411

(978) 459-0101 (Lowell)

E-mail: martin.meehan@mail.house.gov

Massachusetts State Senate:

Pamela Resor

Phone: (617) 722-1120

E-mail: Pamela.Resor@state.ma.us

Massachusetts House of Representatives:

14th Middlesex District

(Acton precincts 1, 2 & 6)

Cory Atkins

Phone: (617) 722-2080

E-mail: Rep.CoryAtkins@hou.state.ma.us

37th Middlesex District

(Acton precincts 3, 4 and 5)-James B. Eldridge

Phone: (617) 722-2060

Rep.JamesEldridge@hou.state.ma.us

**Prevention Tip from
Minuteman Senior Services:
"Safety and Security"**

If you are exhausting your funds for in-home care, consult the COA outreach worker, a geriatric care manager or an elder care attorney. These professionals can assist you in exploring all options if you wish to remain at home. You do not want to lock yourself into an arrangement that limits your freedom of choice. Do not accept personal care in return for transfer or assignment of property or assets unless you have an attorney representing you and your interests. This should be a last option. In this type of situation the quality of care has been known to drop dramatically. If you choose this option your attorney can draft a document that gives you as much protection as possible. *Provided by Minuteman Senior Services.*

**League of Women Voters-Acton Area
Candidate's Night
Candidates Forum
October 14th, at 7:30 p.m.**

Join the League in welcoming all candidates running in the general election for the Middlesex and Worcester Senate district and candidates running for the Mass. House of Representatives in the 37th Middlesex and the 14th Middlesex districts to a forum to be held at **Acton Town Hall, Room 204 on Thursday, October 14th.**

**State Legislative Candidates
Acton Senior Center Lunch
Thursday, September 9th, 11:30**

Please plan to join us and meet the Massachusetts State Legislative Candidates before the September 14th primary. We have invited the candidates to greet Acton Seniors from 11:30-12:30, during lunch in the dining room. Bring along your questions and hear what the candidates have to say.

Household Hazardous Waste Collection Day

Saturday, September 11th, 2004

The Acton Board of Health is pleased to announce that they will hold their fall Household Hazardous Waste Collection day on Saturday, September 11th, 2004. The collection will be held at the DPW Garage, 14 Forest Road, from 9:00 – 11:30 a.m. A list of acceptable items may be obtained from the Health Dept. Office, Transfer Station and Acton Memorial Library. Please note that this collection is for Acton residents only and proof of residency is required. Televisions and CRT's will be accepted with a charge of \$25 per unit. Contact the Acton Health Dept. at (978) 264-9634 with any questions.

State Primary to be held September 14th

Absentee ballots for State Primary are now available. You may vote by absentee ballot by filling out an absentee ballot request form or by sending a letter addressed to the Town Clerk, 472 Main Street, Acton, MA 01720, requesting a ballot be sent to you. Your name and address are required as well as where the ballot should be mailed. You must sign the application and choose a party if you are registered as an Unenrolled voter. If a person is registered as Unenrolled (Independent), they must choose a party for the primary. Their voter registration status will automatically be returned to that of Unenrolled after the election. You can also fill out an absentee ballot request at the Town Clerk's office and vote in the office up until noon on the day before the election.

**ACTON COUNCIL ON AGING
Town Hall, 472 Main Street
Acton MA 01720
Return Service Requested**

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